



Crime Victims Assistance Center, Inc.
377 Robinson Street
Binghamton, NY, 13904

722-4256- Crisis Line
725-8126- Anonymous text line



HEALTHY RELATIONSHIPS



Caring People

- Make a mental list of all of the people in your lives (past or present) that have made you feel good about yourselves. They may have been in your lives for 10 years or for 10 minutes.
- What did they do to make you feel good about YOU?

AGREE OR DISAGREE...

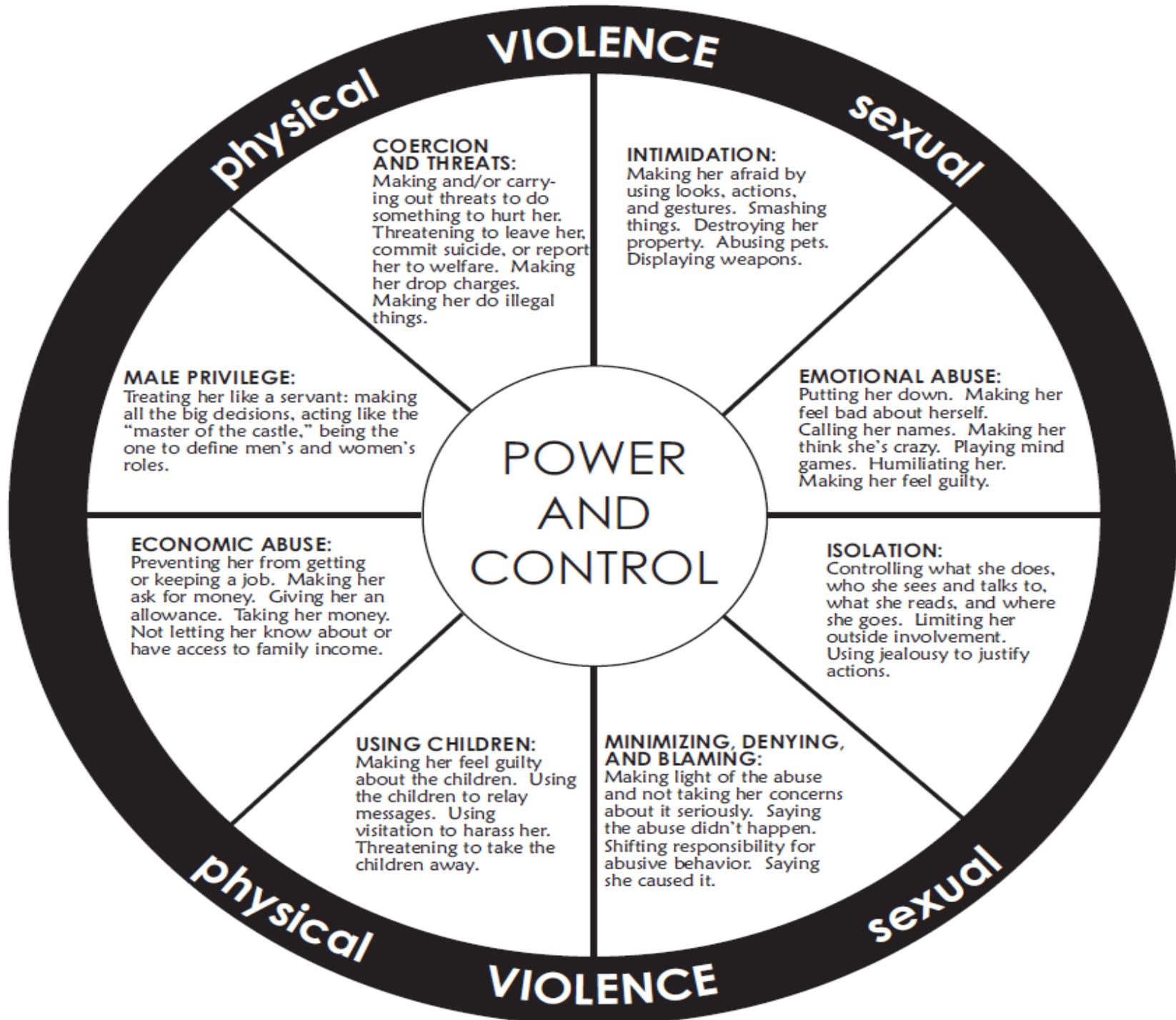
- It's okay if my partner makes me jealous on purpose.
- People in relationships should always trust each other.
- It is okay for me to cancel plans at the last minute in order to keep my partner happy.
- It is sometimes acceptable to look through my partner's personal items (texts, wallet, etc) in order to protect myself from being hurt.
- Sending repeated, unanswered texts to my partner is normal and not intrusive.

Agree or disagree, cont.

- It's okay to try to change your partner.
- It's normal for your partner to have a say in who you may keep as a friend.
- Yelling and shouting at each other is normal in healthy relationships.
- Giving in to your partner during arguments is a good way to resolve conflict.
- If I see/notice abusive tendencies in someone else's relationship, I usually ignore it or tell myself it is not my business.

What is Partner Violence?


- The threat or use of physical, sexual, emotional, and/or economic abuse against a spouse or intimate partner. It includes assaults, exploitation, property destruction, theft, false imprisonment, isolation, stalking, sexual coercion, arson, sleep disruption, ridicule, and threats of homicide or suicide. It may also include interference with work, worship, education, healthcare, recreation, and family. It often involves surveillance of the abused partner. It produces terror.





Emotional Abuse


Putting you down. Making you feel bad about yourself. Making you think you're crazy.
Playing mind games. Manipulating a situation.





Intimidation

Putting fear in you by: subjecting you to reckless driving; kicking smashing or throwing your personal items or other property; shouting; using certain looks, gestures; threatening to get you into trouble with your family/friends. Abusing pets.



Limiting Independence/Isolation

Telling you what kind of clothes you can and cannot wear; telling you how you have to wear your hair; who you can talk to; what you read; how you can spend your own money; where you both go & when; they may not allow you to use your own form of birth control.



False Authority/Male Privilege

They may act like they are the boss and “what they say goes”; they remind you that they are the boss in the relationship and you have to do what they say; they feel it is their right to be consulted about your actions and decisions, i.e. where you go and with whom, as well as asking permission to leave.

Humiliation

Calling you names in front of others or privately, putting down your religion, race class; They may show public interest in other people after agreeing to be exclusive with you; They may touch/grab body parts inappropriately in public or private; putting down or making fun of your families home, situation or members; showing personal or private items.



Coercion/Threats

Threatening to harm you and or your family, friends; threatening to commit suicide; threatening to share private information; &/or threatening to break up with you if you refuse to do what they want. Making them drop charges/do illegal things/.




Harassment

Frequently showing up where you are (especially uninvited), following you, prank phone calls, threatening you on the phone, spreading rumors , giving messages to you through your friends and or family after you have made it clear you want no contact with them.



Economic Abuse


Preventing or keeping someone from getting a job. Making your partner ask for money. Giving your partner an allowance. Taking Money, or not having access to family income/money.





****Violating Personal Boundaries**

Reading/going through your phone, texts or e-mail without permission; taking your personal items without asking; forcing unwanted touch; refusing to stop horsing around/wrestling after asking them to stop.
Forced sexual activities.



NONVIOLENCE

NEGOTIATION AND FAIRNESS:

Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

NON-THREATENING BEHAVIOR:

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT:

Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

EQUALITY

ECONOMIC PARTNERSHIP:

Making money decisions together. Making sure both partners benefit from financial arrangements.

TRUST AND SUPPORT:

Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

SHARED RESPONSIBILITY:

Mutually agreeing on a fair distribution of work. Making family decisions together.

RESPONSIBLE PARENTING:

Sharing parental responsibilities. Being a positive, nonviolent role model for the children.

HONESTY AND ACCOUNTABILITY:

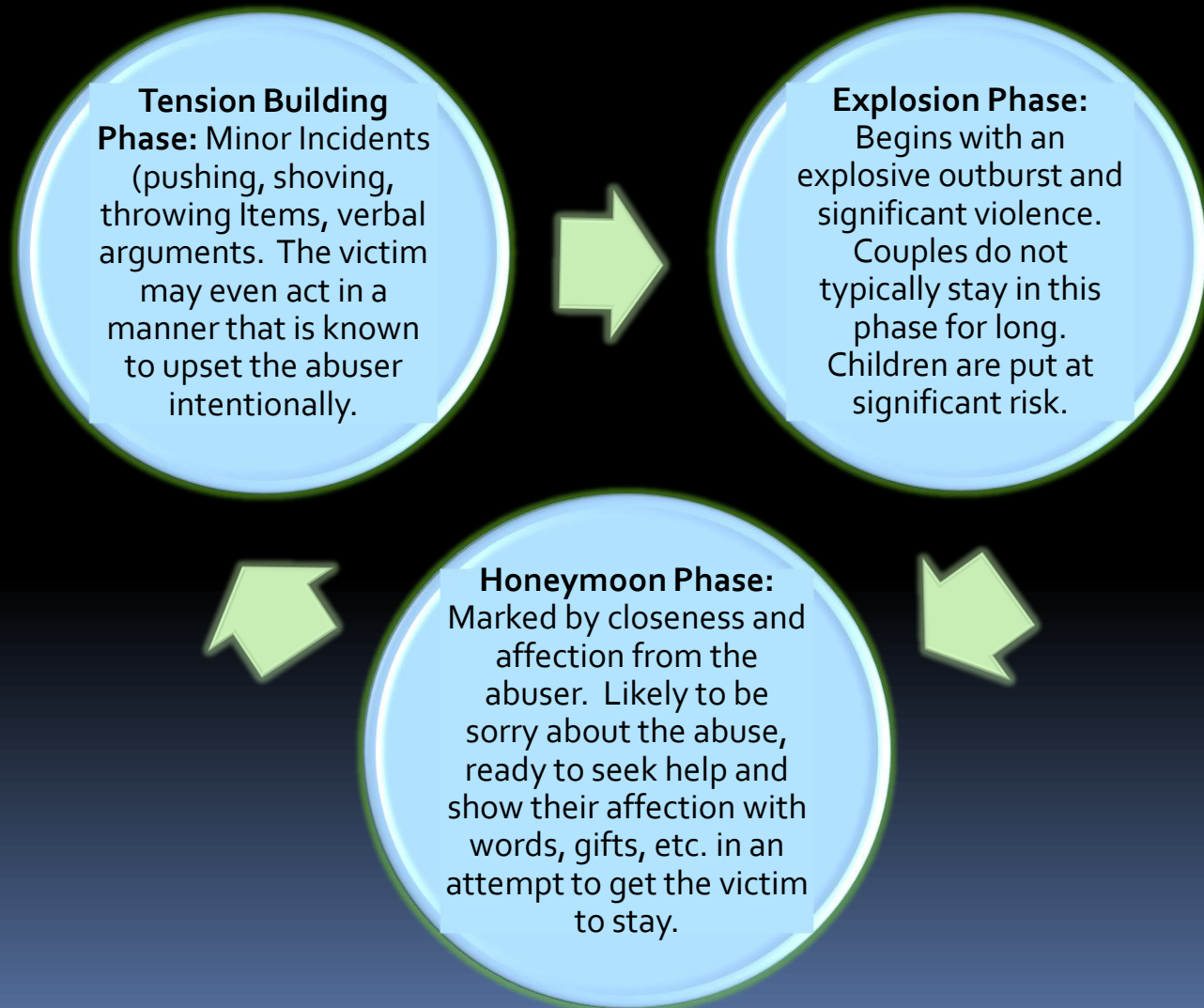
Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

NONVIOLENCE

BIG Dating Myths.

- You always hurt the ones you love.
- They wouldn't hurt me if they didn't love me.
- If they spend a lot of money on me then I owe them something in return.
- Dating someone is better than dating no one at all.
- We're not controlling each other we are just very interested in what the other person is doing.



Cycle of Violence





How will I know?

- Do they speak disrespectfully about past girlfriends?
- Have they ever been disrespectful to you?
- Put you down or your opinions?
- Have they ever made you uncomfortable with their generosity?
- Do they control you in ANY way? (subtle at first)
- Nothing is ever their fault.

- 
- 
- Intimidated you when they were angry?
 - Possessive?
 - Get too serious, too quickly (I love you or I can't live without you.. too soon)?
 - Have double standards?
 - Imbalanced gender roles? Or dislike women?
 - Abuse drugs or alcohol?

Safety Tips

- ***Drive yourself*** on any first dates in order to maintain some control over the evening.
- ***Before*** leaving on a date, know the exact plans for the evening and make sure a friend knows these plans and what time you expect to be home. Let your date know that you are expected to call or tell that person when you get in.
- ***Be aware of*** your decreased ability to react under the influence of alcohol or drugs.
- ***Don't leave a party with someone you do not know.***

Safety Tips

- **Never “crash”** on a friend’s couch, especially after drinking. You do not know who else could be in the house/apt.
- **Assert yourself** when necessary. **Be firm and straightforward** in your relationships.
- **Trust your instincts**. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.
- **Communicate** openly and honestly “I like _____, I don’t like _____”
- **Discuss** expectations regarding dating.



Basic Advocacy

- Evaluate the situation; obtain a clear understanding of the nature and extent of what's happening.
- Allow the victim to vent emotions and become less confused by helping to clarify the event that caused them to come to you.
- Let the victim discuss reactions to the event/situation as well as fears or doubts.
- Explore solutions and the acceptability of alternatives.
- Help the victim decide on an acceptable action plan (or safety plan), keeping in mind that deciding to do nothing also is a decision, and must be supported.
- Encourage action through **supportive, nonjudgmental behavior.**

Basic Advocacy, cont.

- *How you are* is the most important aspect of the support process.
- Listen in a way that supports and validates.
- Do not try to redefine the situation as being more or less critical than the victim sees it.
- The victim's situation may require them to be connected to vital community resources. Make sure you get them to the right place, if they aren't ready (crisis line)
- BU, IPV Program


If a Friend Discloses Being a Victim of Dating Violence:

Key Points to Convey:

- I'm glad that you've told me.
- This is really important.
- This is NOT your fault.
- I want you to be safe.
- Let's make sure you get the help & support you need right now.
- Encourage them to plan for their safety immediately. (We can help)




Bystander Action


- What are the things that sometimes stop us from intervening?
 - What are things we can do from a distance?
 - What if the person we know is the one perpetrating?
 - How can we support the victim without pushing or isolating them further?
- 



Safety Planning

- Safety at home
 - Safety when preparing to leave
 - Safety at work

 - [CVAC Safety Plan](#)
- 



Crime Victims Assistance Center, Inc.

Meghan Whalen

377 Robinson Street

Binghamton, NY, 13904

Meghan@cvac.us



722-4256- Crisis Line

725-8126- Anonymous text line